

YOUNG PEOPLE AND MENTAL HEALTH

HOW CAN YOU SUPPORT THEM?

Notes from the Counselling Team @ KGV

WHOSE SIDE ARE YOU ON?

Show them that you are on their side. You are their ally and not their opponent. This can help them navigate tough times knowing that you are always there for them and they won't hesitate to seek help from you.

MAKE A CONNECTION BEFORE CORRECTION

Your teen is not sharing? Technology is here to stay. Let's make the best use of it. Texting, calling, little notes here and there are all okay.

Making a meal together
Driving to a destination together
Running errands like grocery shopping together
Walking the dog together...

NOTICE WHAT YOUR TEENS CAN DO WELL!

Make a list of all the things your teen CAN do well, even if there are just a few things.

Praising them for the effort for things well done helps keeping them motivated rather than just focussing on the things they don't do well.

FOCUS ON THEIR EMOTIONS BEHIND THEIR BEHAVIOURS

Take the time to support them and focus on the emotions behind some of their behaviours rather than just the behaviours. Let them know you are there if they need you and are ready to talk to you.

REMEMBER, WHO YOUR TEENAGERS ARE TODAY IS NOT WHO THEY WILL BE FOREVER!

When you find parenting your teen frustrating, make a list of how you have changed since you were a teenager.

What were your challenges when you were a teen? How have you changed into an adult?

Let your hope for their tomorrow help guide your parenting, not your fears.

BE KIND TO YOURSELF

Parenting does not come with a manual. Parents grow with their children.

It's okay to appear vulnerable to your teens and encourage your teens to seek help.

Learning to show vulnerability in a safe space is an important life skill that the teen needs in order to seek help.